



A MINUTE OF HEALTH WITH CDC

Managing Arthritis

World Arthritis Day—October 12, 2017

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Arthritis is a common chronic condition among Americans. As the population ages, the number of people with this condition is expected to increase dramatically. Early diagnosis and management of arthritis is critical for maintaining quality of life. To manage arthritis, be physically active and maintain a healthy weight. Moderate, low-impact exercise, such as walking, cycling, and swimming can decrease pain, improve function, and delay the debilitating effects of arthritis. Weight control can limit the impact of physical activity on the joints. If you experience arthritis symptoms, talk with your healthcare provider about strategies to manage the disease.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.